

Summer Morning Trail Runs

Dates: May June July Aug Sept

Time: : am

Place: Waterfall Glen trailhead
(at Cass Ave & Northgate Rd)

Run: miles

Walk: miles

Please join us for exercise &
socializing before work

OJ & muffins at the finish

All employees & their guests welcome

Please post thru Sept. 14, 2004

Sponsored by the Argonne Running Club

<http://chemistry.anl.gov/ARC/>

